



Beachside Radiology Coffs Ocean Swims

Considering the facts, it would be fair to label 34 year old father of two Greg Swan an 'Ocean Swim Master'. After all, he has participated in every Coffs Ocean Swim since they began in 1999 (count them – that's 15) and once had a plaster cast removed from his foot earlier than recommended, just to take part!

This year, Greg will again don the Speedos, cap and goggles and make like a fish for the Beachside Radiology Coffs Ocean Swims, to be held March 30th. "Having participated in swims all up and down the east coast, I can definitely say the Coffs Ocean swim is my favourite. The water is clear and there is something really nice about swimming past the jetty".

With two boys and a busy work life, training

has had to take a small backward step when compared to the old days. "I used to prefer the shorter 600m swim, but as I'm getting older, a longer, slower effort seems to suit me better!" Having grown up in Coffs, Greg is no stranger to the sea and our stunning coastline fuels his love for all things 'active'. "It's a great way to take in the Coffs Coast and it gives you a different perspective on this great place that we live."

"There is just something about being in the ocean. Anyone thinking about trying the swims this year, should just come down and give it a go - they will be hooked like me".

To register for this year's Beachside Radiology Coffs Ocean Swims, or for more information, go to www.villagesports.com.au

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ENTRIES NOW OPEN 16TH ANNUAL COFFS OCEAN SWIMS

It's time to get those swimmers out and get into some training in preparation for the 2014 Beachside Radiology Coffs Ocean Swims on Sunday 30th March.

The Ocean Swims cater for all ages and skills with the Beachside Radiology 2000m swim, the ANZ 600m Jetty swim and the Coffs Harbour Olympic Pool 150m and 300m Junior swims, all held at the protected Coffs Jetty Beach.

Event Director, Mick Maley said, "The Coffs Ocean Swims are an iconic community event for Coffs Harbour and couldn't run without the generous support from sponsors and we are thrilled to have Beachside Radiology on board again."

Beachside Radiology is the naming sponsor for the fourth year, with a commitment to 2015. "It is great to see the numbers increase from year to year and Jetty Beach is a beautiful location to enjoy the experience of ocean swimming. Beachside Radiology staff have committed to participating in the various swims and are looking forward to the challenge," said Marketing Manager Michelle Gilbert.

"The great thing about these events is that people do not have to be fast or elite to participate. It does not matter what their age or their ability is, as long as they come along, enjoy the experience and go home with a smile on their face, that's what it's all about," says, Mick Maley.

Kids races were introduced in 2013 for the first time and proved to be very popular. Mums and Dads took part in their events then cheered on their children, many of who were taking part in their very first ocean swim. Organisers are hoping for the same near-perfect weather conditions that greeted the swimmers in 2013.

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Category placegetters in the 600m and 2000m swims will all receive prizes and there are also some terrific random draw prizes for all events including holiday packages and travel vouchers, thanks to the generous event sponsors.

Funds raised from the Coffs Ocean Swims will be distributed to local children charities and the various Surf Clubs who help out with water safety. In 2013, the event raised over \$13,000 for local community groups.

The 2000m Beachside Radiology Coffs Ocean Swim is the third and final swim in the Swell Ocean Swim Series which includes the Yamba Ocean Swim and the Evans Head Ocean Swim. Participants who take part in all three swims, get a t-shirt to commemorate their efforts and go in the draw to win one of three holiday packages.

Entries are now open online, for further information and to enter:
www.villagesports.com.au